

2004

Annual Report

Citizens Advisory Council on Alcoholism and Drug Addiction



Washington State
Department of Social
& Health Services



September 1, 2004

Dear friends:

It is with great pride that I share with you this 2004 Annual Report of the Citizens Advisory Council on Alcoholism and Drug Addiction.

As a Council, we continue to perform our statutorily mandated role of advising the Department of Social and Health Services regarding rules, policies, and programs directed at individuals and families affected by alcoholism and drug addiction. At the same time, the Council works in communities across Washington State in helping develop a common citizen agenda related to substance abuse prevention/treatment policy.

The range and depth of our work is growing. We work ever more closely with the staff of the Division of Alcohol and Substance Abuse to ensure availability of services to diverse populations. We are seeking to expand our work with county alcoholism and drug addiction boards to develop a common public policy agenda. And we are looking forward to working more closely with Tribes in Washington State in promoting investments in quality substance abuse prevention, intervention, and treatment services.

Our message remains the same: alcohol and other drug prevention, intervention, and treatment services save money and save lives. The application of sound, research-based efforts targeted to populations in need results in healthier individuals and families, safer and more vibrant communities, and a more productive state.

It is my hope that reading our Annual Report will energize you to get involved. We hope you will talk to your legislators and local political and community leaders about the importance of alcohol and other drug prevention and treatment services. Attend community and school forums and help keep substance abuse-related issues before the public. Write a letter to your local newspaper. And consider joining us! We always have a place for hard-driving, passionate individuals ready to roll up their sleeves and work for the benefit of all of Washington's people.

Sincerely,

Larry Carter, Chair

Citizens Advisory Council on Alcoholism and Drug Addiction

Our Mission

Citizens Advisory Council on Alcoholism and Drug Addiction

The Citizens Advisory Council on Alcoholism and Drug Addiction is established under RCW 70.96A.070, enacted in 1972. We are dedicated volunteer advocates who advise and recommend to the Department of Social and Health Services rules, policies, and programs that will benefit: individuals and their families with alcoholism/addictions; families and individuals in high risk environments; and the larger community.

Department of Social and Health Services

The mission of the Department of Social and Health Services is to improve the quality of life for individuals and families in need. We will help people to achieve safe, self-sufficient, healthy and secure lives.

Division of Alcohol and Substance Abuse

The Division of Alcohol and Substance Abuse promotes strategies that support healthy lifestyles by preventing the misuse of alcohol, tobacco, and other drugs, and support recovery from the disease of chemical dependency.

Recommendations

To promote safer and more vibrant communities, and a healthier, more productive citizenry, and pursuant to our statutory mandate as set forth in RCW 70.96A.070, the Citizens Advisory Council on Alcoholism and Drug Addiction makes the following recommendations:

1. **We endorse the six strategic priorities set forth in the Division of Alcohol and Substance Abuse's (DASA) Strategic Plan 2006-2011, and urge all necessary steps be taken to support DASA in:**
 - A. **Closing the treatment gap between those who are eligible and in need of substance abuse treatment and those who, because of financial constraints, actually receive it;**

Currently, DASA is able to provide treatment to approximately one in five eligible individuals in need of it. There are more than 200 youths on waiting lists for residential treatment, and there is a critical need for gender-appropriate treatment and prevention/early intervention services for pregnant and parenting women.
 - B. **Providing treatment alternatives to incarceration;**

Between 60-80% of inmates in state correctional institutions are in need of chemical dependency treatment. In addition, a substantial portion of individuals arrested and prosecuted at the local level are also in need. Under legislation enacted in 2002, resources now exist for diverting these individuals to treatment, thus reducing the need for incarceration, preventing recidivism, and making it possible for individuals to make a safe transition into the community.
 - C. **Fulfilling its responsibility as a federally recognized opiate substitution treatment accreditation body;**

DASA is the only state alcohol and drug abuse agency in the U.S. approved by the federal Substance Abuse and Mental Health Services Administration as an opiate substitution treatment accreditation body. This should streamline regulation of programs. Changes at the local, state, and federal level hold out the promise of increasing access to

opiate substitution treatment which, a Consensus Panel of the National Institutes of Health concluded, “significantly reduces illness and death from drug use, reduces crime, and enhances social productivity.”

D. Reaffirming its commitment to science-based targeted prevention;

The application of science to the prevention of alcohol and drug abuse is a young discipline. DASA continues to work in partnership with schools, counties, and communities to improve the effectiveness of prevention, providing both a scientific “risk-and-protective factor” framework, and a rigorous evaluation process for programs.

E. Bridging the gaps between research, policy, and practice;

A continually growing body of knowledge now exists that can be used to improve clinical practice, provide guidance in the development of prevention programming, and inform policy decisions. Opportunities exist to improve communication of research findings to prevention and treatment agencies and policymakers, resulting in better outcomes for patients, their families, and communities. Emphasis should be placed on the use of research-based treatment practices.

F. Developing a strong prevention and treatment workforce.

The increasing recognition of substance abuse problems and their impacts on other social and health systems is exacerbating an already-existing shortage of qualified chemical dependency personnel. DASA is supporting a range of initiatives to ensure a workforce of knowledgeable and skilled prevention and treatment professionals.

2. **We support DASA’s Training Advisory Committee in reviewing and making further recommendations to enhance the inclusion of diversity sensitivity in all training activities.**
3. **We strongly urge the Governor, Legislature, and Administrator of the Washington Health Care Authority to enhance chemical dependency treatment benefits available through the Washington Basic Health Plan.**

Who We Are

The statute under which the Citizens Advisory Council operates requires that it be composed of not less than seven nor more than 15 members. The Council is mandated to be broadly representative of citizens who have been recipients of treatment for alcoholism or other drug addiction and who have been in recovery from chemical dependency for a minimum of two years. At least two-thirds of the Council's members should be former recipients of treatment and not be employed in any occupation related to chemical dependency. The remaining members are to be chosen for their demonstrated concern with alcoholism and drug addiction, and drawn from the business, organized labor, judiciary, and minority communities.

Current Members

Larry Carter (Chair) is a retired attorney, formerly a partner at Preston, Gates & Ellis in Seattle. His interest in service on the Council arises out of his own struggles with alcoholism.

Sally Cassella served as a chemical dependency counselor at the Grant County Alcohol and Drug Center and for Grant County Juvenile Services. She is actively involved in community groups and outreach in rural areas. Her professional career has been focused on families and parenting skills.

Grace Creasman teaches and supervises practicums for future chemical dependency professionals enrolled in the Alcohol/Drug Studies Program at Eastern Washington University. She has a strong interest in adult education and in alcohol/drug abuse prevention on college campuses.

Robin Hopkins is a retired real estate appraiser who served for eight years on the National Board of the Recovery Ministries of the Episcopal Church. In recovery, he has a strong interest in the coordination of government-sponsored and faith-based efforts in the treatment of alcohol and drug addiction.

David McCallum is a retired member of the United Steel Workers of America. He is an active member of Alcoholics Anonymous and spent several years working with the employee assistance committee for his local union. He joined the Council because he knows treatment works.

Guy McMinds is a fisheries expert, and serves as natural resource advisor to the Quinault Indian Nation. A member of the Quinault Tribe, he served as a member of the State Incentive Grant Advisory Board, overseeing initiatives to reduce and prevent substance abuse among youth. He has adopted and raised several children affected by Fetal Alcohol Syndrome and Fetal Alcohol Effects.

Laura Mithoug is a senior supervisor with the City of Seattle's Department of Transportation. She is actively engaged in recovery, and believes in the importance of substance abuse treatment for the entire family.

Linda Pratt is Welfare-to-Work mobility coordinator for People for People in Yakima. She has a long career working with the Yakama Indian Nation and the Northwest-Portland Area Indian Health Board in the provision of health and vocational services to American Indians and training to improve the cultural competency of non-Indian providers.

William Quick is the former supervisor of Field Operations for the Division of Alcohol and Substance Abuse. With a career-long commitment to children and prevention services, he was the first chief of the state's Office of Drug Abuse Prevention, and helped develop several youth-oriented prevention programs that became national models. He is currently a member of the Thurston County Child Protection Team, and serves as a court-appointed special advocate for children.

Gunthild Sondhi retired as Spokane County Community Services Department's substance abuse prevention coordinator, but continues her work in the prevention field. Her passion and commitment earned her the 2001 Washington State Exemplary Substance Abuse Prevention Award.

Recent Accomplishments of the Citizens Advisory Council

This past year has been a busy one for the Citizens Advisory Council as we continued our advocacy as an independent voice committed to ensuring the availability of quality alcohol and drug prevention and treatment services to all Washington residents. High points of our activity included:

- **Providing an Independent Citizens' Voice to Policy Activities** – The Council and its members continue to represent the interest of citizens in arenas where substance abuse prevention and treatment policy is discussed. During the Legislative Session, Council members work to remain informed and actively engaged, and works with the Governor's Council on Substance Abuse. Members also advocate on behalf of the provision of quality substance abuse prevention/treatment services at the local level.
- **Convening Public Hearing on Application from the Division of Alcohol and Substance Abuse for federal Substance Abuse Prevention and Treatment Block Grant Funds** – In accordance with federal requirements, the Council held a public hearing on the Division's request to the Substance Abuse Mental Health Services Administration for \$35.4 million, constituting about 30% of the Division's total budget. The Council commends the Division for its efforts in optimizing the use of scarce resources, noting, however, that they are not nearly enough to meet the needs of Washington's individuals and communities.
- **Advocating for Prevention Resources** – The Council is firm in its belief that the best way to deal with substance abuse is to prevent it before it begins. As the science and knowledge base of prevention continues to advance, the Council continues to advocate for the provision of quality services.
- **Sponsoring a Research Subcommittee** – The Council sponsors a Research Subcommittee of more than 70 members. Researchers are drawn from institutions across the Northwest to share their findings with each other, and to build the science base necessary to improve prevention and treatment outcomes.
- **Writing Articles for FOCUS** – the Division of Alcohol and Substance Abuse's External Newsletter – The Council now submits articles on a regular basis to FOCUS, the Division's newsletter for prevention and treatment professionals. The articles have enhanced our visibility in the substance abuse professional community, and ensure a citizen advocacy voice reaches a wider readership.

Overseeing Annual Peer Review

The federal Substance Abuse Prevention and Treatment Block Grant administered by the Division of Alcohol and Substance Abuse requires an annual peer review of 5% of treatment providers who receive funding. This process is overseen by the Council. This year, Council members made several on-site visits, and shared perspectives with reviewers.

This year's review cited the quality of services provided by treatment agencies. They serve diverse populations, using a chemical dependency disease model, individualized treatment plans, and build networks with other social and health service organizations in the community to facilitate cross-program referrals for clients with multiple needs.

There is a continuing challenge among treatment providers in recruiting chemical dependency professionals from diverse cultural backgrounds and/or who are bilingual. While programs strive to be culturally sensitive to the needs of a diverse population, some experience frustration at recruiting both board members and staff representative of the populations they serve. The Council recommends that the Division of Alcohol and Substance Abuse work with providers to develop formalized plans for recruiting staff and board members who reflect the ethnic/racial composition of the communities they serve.

Council Development

During the past year, the Citizens Advisory Council took significant steps in furthering its own development. These included:

- Recruiting two new members, while maintaining diversity, including individuals in recovery, and focusing on the development of future Council leadership;
- Refining an annual planning cycle framework, and continuing development of a working process to link member interests to the Council's work;
- Incorporating contemporary educational presentations as a regular feature of Council meetings. In the past year, there were presentations: on Fetal Alcohol Syndrome; the state prevention system; the Division of Alcohol and Substance Abuse's Office of Program Support; strategic planning; and Priorities of Government;
- Sponsoring member attendance at training and outreach activities; and
- Nurturing strong, supportive, collaborative relationships with DASA staff, and expanding our understanding of the budgeting process.

Future Council Initiatives

The Citizens Advisory Council is planning initiatives in a number of areas:

- To create awareness among local governments, local elected officials, and legislators about the cost savings and costs offsets that result from the delivery of quality chemical dependency prevention and treatment services, and to work for increased funding for programs;
- To continue efforts to coordinate the biennial prevention planning process with other state agencies and develop a framework through which local communities can create a common, meaningful, realistic, data-driven needs assessment;
- To work with the Division of Alcohol and Substance Abuse and communities to attract new professionals to the challenging chemical dependency field, and initiate dialogue about steps necessary to deal with the shortages of chemical dependency professionals needed to work with specialized populations;
- To establish working relationships and ongoing dialogue with representatives of Indian sovereign nations in Washington State as we work together to build communities free of alcohol and other drug abuse;
- To continue work with the King County Bar Association Drug Policy Project to advocate for a compassionate, equitable policy related to drug offenders, and with a strong emphasis on the provision of quality alcohol and drug prevention and treatment services;
- To establish a liaison with the Washington State Substance Abuse College Coalition and others concerned about underage drinking; and
- To invite members of local county alcoholism and other drug addiction boards to address the Council regarding local concerns and initiatives at meetings the Council holds across the state.

Join Us!

The Citizens Advisory Council on Alcoholism and Drug Addiction is always looking for individuals who can contribute to our ongoing work of advising the Department of Social and Health Services regarding the provision of quality substance abuse-related services, and working with communities to reduce the impact of alcoholism and other drug addiction.

For more information, please contact:

Larry Carter, Chair
Citizens Advisory Council on Alcoholism and Drug Addiction
17022 NE 133rd Street
Redmond, WA 98052
(425) 702-5748
e-mail: lcarter8@msn.com

or

Doug Allen
Washington State Division of Alcohol and Substance Abuse
PO Box 45330
Olympia, WA 98504-5330
(360) 438-8060
or (toll free) 1-877-301-4557
e-mail: allende@dshs.wa.gov